

## Family, Celebration, Food and Fun

During the holidays families gather to embrace their heritage, share traditions, enjoy traditional foods and usually stuff themselves full.

The American Dietetic Association recommends that you plan your shopping list for this much-anticipated holiday season by looking for ingredients that will make family favorite recipes not only tasty but good for you, too. Pack your shopping cart with plenty of fresh vegetables like potatoes, both white and sweet, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey. Use whole-grain bread and wild rice for the stuffing or as a side dish.

- For dips, sauces and pie toppings, use non-fat yogurt or fat-free sour cream. Non-fat yogurt works best in dishes that don't require heating.
- Use egg substitutes in place of whole eggs
- Try evaporated skim milk instead of whole milk
- Use low-sodium, fat-free chicken broth in your mashed potatoes
- Top casseroles with almonds instead of fried onion rings
- Check cookbooks and cooking magazines for updated health-conscious versions of your family's favorite holiday recipes.

Eating too much can be a real problem. Not only does it make you feel miserable but it's also stresses your body. To avoid this from happening try these suggestions:

- eat slowly
- savor each bite
- engage in mealtime conversations
- decrease your serving sizes (put less on your plate)
- take breaks – Don't feel like you have to eat everything all at once.
- plan some exercise or activity before and after you eat.

The holidays can be a very joyous time for you and your family. Take steps to cherish your family's health by eating plenty of fruits, vegetables, and getting at least 30 minutes of moderate (makes you breath faster) physical activity every day.